

Baltimore City Falls Prevention Activities 2015

Organization	Activities <i>(please describe the activity; provide the date(s), location, etc.)</i>	Contact Person	Contact person's email address
Action In Maturity 700 W. 40th St. Baltimore, Md. 21211	Falls Prevention Workshop & Lunch With Lisa Sawyer, Certified Yoga Instructor “Strengthening core, legs and feet for improved balance and gait” September 16th, 10:00 - 12:30 pm Capable Study Presentation Representatives from Johns Hopkins School of Nursing will discuss prevention and ways to avoid falls in your home September 29th, 11:00 – 12:00 pm	Elizabeth Briscoe 410-889-7915	ebriscoe@actioninmaturity.org

<p>Allen Center 1404 S. Charles St. Baltimore, Md. 21230</p>	<p>Prevention- Capable September 14th 10:30 - 11:30 am</p> <p>“I’ve Fallen and Can’t Get Up” - Theatrical Presentation and Q and A with Ice Cream Social September 16th 12:45 - 1:45 pm</p>	<p>Ryta Arrington 410-685-6225</p>	<p>c.arrington@allencenter.comcastbiz.net</p>
<p>Cherry Hill Senior Center 3301 Waterview Ave. Baltimore, Md. 21231</p>	<p>TBA</p>	<p>Joann Cason 410-396-2920</p>	<p>Joann.Cason@baltimorecity.gov</p>
<p>Forest Park Senior Center 4801 Liberty Heights Ave. Baltimore, Md. 21207</p>	<p>A Presentation on Falls Prevention by Capable Study September 3rd 11:00 am</p> <p>Health & Wellness Activity</p>	<p>Daniel Worthy 410-466-2124</p>	<p>Forestparkseniors@yahoo.com</p>

	by Lewis Neil (Chair Aerobics Instructor) September 22nd 12:30 pm		
Greenmount Senior Center 425 E. Federal St. Baltimore, Md. 21202	Yoga Start a 6 week course of strength building through Yoga. Goal is the improve balance and flexibility to prevent falls September 23rd 2:00 - 3:30 pm	Angela Lee 410-396-3552	Kally1026@gmail.com
Harford Senior Center 4920 Harford Rd. Baltimore, Md. 21214	Fall Prevention Workshop, Presented by Future Care September 21st 12:00 - 1:30pm	Curleen Davis 410-246-4009	Cdavis@gedco.org
BCHD- Hatton Senior Center 2825 Fait Ave. Baltimore, Md. 21224	Future Care- Canton/ Harbor Balance and Vision Presentation September 24th	Adrienne Blumberg 410-396-9025	Adrienne.Blumberg@baltimorecity.gov

	<p>10 am</p> <p>Exercise With Adrienne Balance Exercise, 5 simple techniques to improve balance and prevent Fall, Tips Sheet and Night Lights for participants.</p> <p>Weekly-Wednesdays starting September 2nd</p>		
<p>John Booth Senior Center 2601A E. Baltimore St. Baltimore, Md. 21224</p>	<p>Stepping On – Kick Off Evidence based fall prevention program designed to reduce fall through strength building and other techniques. September 25th thru October 26th</p>	<p>Rosalee Velenovsky 410-396-9202</p>	<p>Rosalee.velenovsky@baltimorecity.gov</p>
<p>Edward A. Myerberg Center</p>	<p>Fall Prevention Seminar</p>	<p>Autumn Sadovnik 410-358-6856</p>	<p>autumn@myerberg.org</p>

3101 Fallstaff Rd. Baltimore, Md. 21209	<p>Licensed Physical Therapist, Jill Hornstein- will discuss free and low cost options for reducing fall risks in homes. She will follow with exercises to improve balance and gate, strategies for reducing injuries, and methods for getting up or getting help when a fall does occur.</p> <p>Date TBD because of Jewish Holidays</p>		
Senior Network of North Baltimore 5828 York Rd. Baltimore, Md. 21212	<p>Fall Prevention Seminar Capable Study</p> <p>September 10th 11:00 am</p> <p>Tai-Chi Balance demonstration, talk on Better Balance and Better Health September 21st</p>	<p>Gwendolyn Lloyd 410-323-7131</p>	<p>glloyd@gedco.org</p>

	11:00 - 12:30 pm MedStar Good Samaritan Hospital Deborah Bena, MA, BSN, RN, FCN Fall Prevention Information Session and Balance Screening for Seniors. September 23rd 11:00 - 12:00 pm		
Oliver Senior Center 1700 Gay St. Baltimore, Md. 21213	Fall Prevention Seminar Fall Prevention Home Safety Check List- check list to make homes safer. Wal-Mart Pharmacy review medications. September 23rd 10:30 – 12 pm Special Lunch	Karen Wheeler 410-396-3861	Karen.Wheeler@Baltimorecity.gov
Waxter Senior Center	Fall Into Fitness A free all-day event	Erika DesRavines 410-396-1324	Erika.DesRavines@baltimorecity.gov

<p>1000 Cathedral St. Baltimore, Md. 21201</p>	<p>dedicated to addressing the common factors leading to a fall: balance and gait, vision, medications, chronic conditions and the home environment. Health screens, free consultations, group exercise classes and food demonstrations will be available all day with special guest Ernestine Shepherd.</p> <p>September 23rd 9:00 – 3:30 pm</p>		
<p>Zeta Center for Healthy and Active Aging 4501 Reisterstown Rd. Baltimore, Md. 21215</p>	<p>Free Exercise Classes</p> <p>Classes to help seniors improve balance and reduce falls. Classes offered include body tune-up, yoga, gospel aerobics, line dance. Classes are free to</p>	<p>Leslie Yancey 410-396-3535</p>	<p>Leslie.Yancey@baltimorecity.gov</p>

	<p>encourage people to make exercise a part of strength and balance maintenance and aid in the reduction of falls among older adults.</p> <p>September 21st thru September 25th</p>		
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